



ADMIRAL Thomas Fargo, commander of the US Pacific Command, boards car following his visit to Camp Aguinaldo in Quezon City Wednesday.

JOAN BONDOC

US admiral lauds RP moves on terror

By Juliet Labog-Javellana

THE SENIOR commander of all United States forces in the Pacific and Indian Ocean yesterday affirmed continuing US commitment to help the Philippines upgrade its military capability and combat terrorism, including the presence of the al-Qaida-linked Jemaah Islamiyah in Mindanao.

"I think the JI is the principal concern in the region and we're working very closely with the government of the Philippines to make sure that the JI is not present in the Philippines," Admiral Thomas Boulton Fargo, commander of the US Pacific Command, told reporters after his farewell call on President Macapagal-Arroyo yesterday morning.

Fargo is ending his tour of duty as senior commander of the US military, air, ground and naval forces in the Pacific and Indian Ocean region, which accounts for more than 50 percent of the earth's surface, includes 16 time zones and borders 43 countries inhabited by more than 60 percent of the world's population.

As commander since May 2002, Fargo's responsibilities included oversight of all US military activities promoting peace and stability in the region, according to a statement from the US embassy.

For his impact on the Philippines, Fargo was conferred by the President the Philippine Legion of Honor, a military award given to a Filipino or foreign citizen in recognition of valuable and meritorious service in relation to the military affairs of the country.

Ms Arroyo hailed Fargo's role in "changing the face of Basilan," the playground of extremists linked to the JI and Osama bin Laden's al-

Qaida terror network. US Ambassador Francis Ricciardone accompanied Fargo to the farewell call and awarding ceremonies.

"The partnership between our two countries under your command has really produced a lot of fruits and we appreciate the assistance of the regional command in various peace fronts and also our cooperation on our greater effort and success in the fight against terrorism," Ms Arroyo told Fargo in a 20-minute meeting before she pinned the Philippine Legion of Honor medal on him.

Fargo said Ms Arroyo's "excellent job" in formulating the Philippine Defense Reform Program had the full backing of Washington.

"I just had extensive discussions in Washington DC on it. I think it is a very well-formulated program that is properly funded and it's going to have a positive impact on the reform of the Philippine military," Fargo told the President, repeating the same to reporters.

Fargo said he was "deeply honored" by the award.

The US embassy statement said discussions between the President and Fargo centered on RP-US military-to-military security cooperation activities, including the Philippine Defense Reform Program, and enhancing sustained capacity to counter terrorism.

Asked what Ms Arroyo's message to US President George W. Bush was, Fargo said: "The President said first of all that she was very appreciative of the support that the US has provided. As you know, we do have a long-standing relationship. We work closely to improve the capability and the capacity of the AFP"

Dolly the Sheep scientist gets cloning license in Britain

LONDON—The scientist who created Dolly the sheep is about to take another major step in medical research, cloning human embryos and returning them to safety in the repository of frozen embryos.

Dr. Wilmut, who led the team that created Dolly at Scotland's Roslin Institute in 1996, has been granted a cloning license from the British regulator to study how clones will go on to create the inevitable misbehaving offspring.

The experiments do not involve creating clones but the license has immediate ethical implications over the use and disposal of embryos from other biological experiments to create the children.

"We are supposed to be supported by professor Wilmut's declaration that he human embryos will be destroyed after fertilization and that his research is



WILMUT



DOLLY

intention of producing cloned babies" and Julia Hillier of the London-based Public Affairs. "All human developmentally wrong and should be destroyed, however, the creation of cloned human embryos derived from experimentation and subsequent destruction is particularly objectionable."

Wilmut, speaking after the announcement at a press briefing in Edinburgh, Scotland, said he was "delighted" to receive the license.

with people 100 years ago," he said. "I think that the majority of people support this type of research and hope it will be successful in helping to bring medical treatments for diseases like cancer into the future."

The license is the second one approved since Britain became the first country to regulate research cloning in 2001. The first was granted in August to a team that hopes to use cloning to create embryos for research in fertility treatments.

In the latest project, Wilmut and his team are part of a project to create Dolly the sheep of a different breed of sheep, the first of its kind. The team is also studying how to create Dolly the sheep of a different breed of sheep, the first of its kind. The team is also studying how to create Dolly the sheep of a different breed of sheep, the first of its kind.

The cloning technique, called somatic cell nuclear transfer, is the same as that used to create Dolly. It has already been applied to create more than 100 clones of sheep, and the technique is also being used to create Dolly the sheep of a different breed of sheep, the first of its kind.

In Brian Davis, director of research at the London-based MRC Harwell Biomedical Research Centre, said the experiments could revolutionize the human treatment of some serious diseases, which affect about 100,000 people each year. "It's about 100 years since (some serious diseases) were first characterized and now

we are more than a century later, and we still don't know the causes of some 10 percent of cases, we haven't got a drug, so it's not for the distant future."

we've made very serious inroads in cloning the disease organisms."

This opens up opportunities on three fronts to understand how serious diseases

can be cured and to identify genetic causes of the disease and to rapidly screen new drugs," he said.

AP



Republic of the Philippines
Department of Transportation and Communications
TOL REGULATION BOARD



NORTH LUZON EXPRESSWAY Approved Initial Authorized Toll Rates

Notice is hereby given that the Toll Regulatory Board ("TRB") has approved the following initial Authorized Toll Rates for the Coastal System and Cross System, effective on February 1 of the North Luzon Expressway Project starting at 12:00 A.M., February 8, 2005, Tuesday.

Vehicle Class	Closed system (P/way per km)	Open system (P/way per entry)
Class 1	2.425000	42.000000
Class 2	6.200000	106.000000
Class 3	7.425000	117.200000

This notice is being made pursuant to TRB Board Resolution No. 2005-04 dated 27 January 2005 which requires publication of the initial Authorized Toll Rates once in a newspaper of general circulation in accordance with law.

Any interested person(s) who shall have the right to file within a period of thirty (30) days from the date of publication of this notice, a petition with the TRB at the 2nd Floor, Integrated Base of the Philippine Building, Julia Vargas Avenue, Office Center, Pasig City for a review of the initial toll rates.

BY ORDER:

By Authority of the Board:

(Sgd.) MARCEL G. IMPERIAL
President/Chairman
Toll Regulatory Board

Outcast star zooms out of Milky Way

NEW HAVEN—An outcast star is coming out of the Milky Way. The star was seen escaping the galaxy's gravitational pull on Tuesday.

The star is heading for the edge of the galaxy's gravitational pull, about 100,000 light-years from the center of the Milky Way. It is the first star to be seen escaping the galaxy's gravitational pull.

"We have never before seen a star moving fast enough to completely escape the influence of our galaxy," he said. "We've known it was there, but we didn't know it was leaving."

The star could be part of a long-term study of the galaxy's structure. It is the first star to be seen escaping the galaxy's gravitational pull.

At the time, the star was about 100,000 light-years from the center of the galaxy. It is the first star to be seen escaping the galaxy's gravitational pull.

one escape route is blocked.

While the outcast star was captured by the black hole, the star was still moving in its orbiting path around the hole.

Observers on Earth see the star as it moves away from the black hole. The star is moving away from the black hole at a speed of about 100,000 miles per hour.

In this case, the star is about 100,000 light-years from the center of the galaxy. It is the first star to be seen escaping the galaxy's gravitational pull.

In light of the above, it is estimated that the outcast star is about 100,000 light-years from the center of the galaxy.

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Truck (5 axles)	2.425000	6.200000	7.425000
Truck (6 axles)	2.425000	6.200000	7.425000
Truck (7 axles)	2.425000	6.200000	7.425000
Truck (8 axles)	2.425000	6.200000	7.425000
Truck (9 axles)	2.425000	6.200000	7.425000
Truck (10 axles)	2.425000	6.200000	7.425000
Truck (11 axles)	2.425000	6.200000	7.425000
Truck (12 axles)	2.425000	6.200000	7.425000
Truck (13 axles)	2.425000	6.200000	7.425000
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Truck (97 axles)	2.425000	6.200000	7.425000
Truck (98 axles)	2.425000	6.200000	7.425000
Truck (99 axles)	2.425000	6.200000	7.425000
Truck (100 axles)	2.425000	6.200000	7.425000

Vehicle Class	Class 1	Class 2	Class 3
Truck (2 axles)	2.425000	6.200000	7.425000

SPORTS

Set in your backseat: Inquirer sports news coverage (2007) (State vs. 2007) (State)

Email: psports@inquirer.com.ph

Editor: Delia S. Placencia

Globe bolsters SEAG fund by P100 million

By Marc Anthony Reyes

PHILIPPINE teams have started to bow for the country's staging of the Southeast Asian Games in the country from Nov. 27-Dec. 4. Philippine Athlete Organizing Committee (PAOC) President Ferdinand Poe announced that the organization's fundraising drive has raised a total of P100 million.

The PAOC, headed by Poe, has received P100 million from the Philippine Olympic Committee (POC) and the Philippine Olympic Committee (POC) and the Philippine Olympic Committee (POC).

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FERDINAND POE (left) and another man.

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...and how much in fulfilling the country's goal to be a top 10 nation in the world, said Poe.

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Bata, Alex top 9-ball favorites

THE QUALIFYING round of the Philippine Billiards 9-ball championship has been held on Feb. 11 at the Bata Center in Manila.

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What's Inside



Agassi wins 13th straight SAP opener

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Cavs' All-Stars sparkle

Bulls trip Mavericks; Spurs win minus Duncan



POUNCE Shaquille O'Neal of the Orlando Magic jumps after blocking a shot with a massive dunk during the Bulls' victory in Dallas, Texas.

CHICAGO—Zydrunas Ilgauskas scored 23 points, helped All-Star LeRon James' Spurs blow out the Cleveland Cavaliers and set a 194-81 victory over the Toronto Raptors on Tuesday.

Spurs had 21 points, 11 assists and eight rebounds in just 18 minutes. Ilgauskas scored an 80-plus score early in the Q1, shot 4-of-11 from the field and had six rebounds and three blocked shots.

"I came out with a 'T' and a 'K' and I was taking it to the fans," Ilgauskas said.

In other games, the Orlando Magic's P.J. Rake scored 23 points, 11 rebounds and 11 assists. The Bulls' Scottie Pippen scored 23 points, 11 rebounds and 11 assists. The Bulls' Scottie Pippen scored 23 points, 11 rebounds and 11 assists.



CHARLOTTE Bulwarking man Prince George (right) included leading his Atlanta Hawks forward Ben McClellan in the first quarter of their game.

Chicago Bulls' Scottie Pippen scored 23 points, 11 rebounds and 11 assists. The Bulls' Scottie Pippen scored 23 points, 11 rebounds and 11 assists.

Chris Webber had 24 points, 13 rebounds and 11 assists for the Utah Jazz. The Jazz' Chris Webber had 24 points, 13 rebounds and 11 assists.

David Robinson had 24 points, 13 rebounds and 11 assists for the San Antonio Spurs. The Spurs' David Robinson had 24 points, 13 rebounds and 11 assists.

In Orlando, Florida, Jason Richardson scored 23 points, 11 rebounds and 11 assists. The Bulls' Scottie Pippen scored 23 points, 11 rebounds and 11 assists.

In Charlotte, North Carolina, Scottie Pippen scored 23 points, 11 rebounds and 11 assists. The Bulls' Scottie Pippen scored 23 points, 11 rebounds and 11 assists.

In Denver, East Boulder, Scottie Pippen scored 23 points, 11 rebounds and 11 assists. The Bulls' Scottie Pippen scored 23 points, 11 rebounds and 11 assists.

In St. Louis, Missouri, Scottie Pippen scored 23 points, 11 rebounds and 11 assists. The Bulls' Scottie Pippen scored 23 points, 11 rebounds and 11 assists.

In Memphis, Tennessee, Scottie Pippen scored 23 points, 11 rebounds and 11 assists. The Bulls' Scottie Pippen scored 23 points, 11 rebounds and 11 assists.

In Los Angeles, California, Scottie Pippen scored 23 points, 11 rebounds and 11 assists. The Bulls' Scottie Pippen scored 23 points, 11 rebounds and 11 assists.

Ginobili leads first-time relievers

NEW YORK—Argentina star Manu Ginobili of the San Antonio Spurs was among the players named to the All-Star team for the first time when he was named to the team.

Ginobili, 26, is a guard from Argentina. He played for the San Antonio Spurs for three seasons. He was named to the All-Star team for the first time.



HOWTHER

GINOBI

O'NEAL

FINCH

Canada guard Steve Nash of the Phoenix Suns was named to the All-Star team for the first time when he was named to the team.

Nash, 26, is a guard from Canada. He played for the Phoenix Suns for three seasons. He was named to the All-Star team for the first time.

Argentina star Manu Ginobili of the San Antonio Spurs was named to the All-Star team for the first time when he was named to the team.

Ginobili, 26, is a guard from Argentina. He played for the San Antonio Spurs for three seasons. He was named to the All-Star team for the first time.

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Ginobili, a member of the Argentine team that won a gold medal at the Atlanta Olympic Games, averaged 13.9 points, 4.4 rebounds and 4.8 assists during nearly 36 games for the Spurs.

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Agassi wins 13th straight SAP opener



SAN JOSE, California—As Andre Agassi became the youngest man to win the SAP Open, he also became the youngest man to win the SAP Open.

Agassi, 26, is a tennis player from the United States. He played for the SAP Open for three seasons. He was named to the SAP Open for the first time.

Agassi, a member of the Argentine team that won a gold medal at the Atlanta Olympic Games, averaged 13.9 points, 4.4 rebounds and 4.8 assists during nearly 36 games for the Spurs.

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SUPER CHAMP New England Patriots quarterback Tom Brady (left) and Super Bowl MVP Drew Brees (right) were named to the All-Star team for the first time when they were named to the team.



MASS BASH Andre Agassi (left) and Andre Agassi (right) were named to the All-Star team for the first time when they were named to the team.



MASS BASH Andre Agassi (left) and Andre Agassi (right) were named to the All-Star team for the first time when they were named to the team.

Original Russian tennis babe stalked

MOSCOW—A Russian woman who was named the 'Original Russian Tennis Babe' was stalked by a man who was named the 'Original Russian Tennis Babe'.

The woman, who was named the 'Original Russian Tennis Babe', was stalked by a man who was named the 'Original Russian Tennis Babe'.

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LIFE STYLE

Published every 4th Wednesday except on public holidays
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The latest innovations of chef Vicky Rose Pacheco celebrates good food, togetherness and camaraderie



TANGHUT Appetizer

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Menu makeover marks resto's 17th year

CASTLEMAN 1771 has come up with a major menu overhaul to celebrate its 17th anniversary.

In new offerings include an Asian-style chicken (chicken) that manager Fred Sandoval.

The latest innovations of chef Vicky Rose Pacheco, president of the legendary restaurant "Mama Sita" theme, celebrates not just good food but also togetherness and camaraderie.

Chicken 1771's got menu include a pasta and salad set, a healthy high-fiber entree, an Italian theme, a fish and seafood assembly and a collection of chicken entrees.

But the menu changes from the restaurant's menu.

Slow-cooked lamb shank

- 2 lbs lamb shank, whole
- 1 tsp rock salt
- 1/2 cup loosely ground black pepper
- 2 cup fresh mushrooms, chopped
- 1 cup fresh tomatoes
- 1 cup flour
- 1 cup olive oil (or grease of)
- 2 cup garlic, chopped
- 3 per carrots, quartered and finely sliced

2 garlic slices in butter, finely sliced

3 per red onions, finely sliced

1/2 cup rock salt

1/2 cup balsamic vinegar

1/2 cup dry white wine

4 slices anchovies, drained, chopped

2 per crushed plantains

2 per plantain

Preheat the oven to 350°F. Rub the shanks all around with salt and pepper. Combine the tomatoes and onions and roll the shanks in the mixture, pressing firmly. Coat with flour and set aside.

Heat a heating pan with olive oil and heat on stove. Brown the meat on both sides, then remove from the pan. Add the garlic, carrots, celery and onions and cook until softened, stirring constantly. Season with salt. Add balsamic vinegar and reduce to a syrup.

Put the white wine and return for five minutes. Add the anchovies and rice. Add the crushed tomatoes and water. Return the lamb to the pan, cover it and cook it over for approximately 1 1/2 hours at 350°F.

When lamb meat is tender, re-

turn to 350°F



DBF Vicky Rose Pacheco



QUESO-GAMBAS Craves



BEEF Roll-ups



QUESO-PUR with Luscious Dress, served with pasta

Fine dining goes to the mall

Carafe's owners believe that just because you're in a shopping center doesn't mean you only have to eat at the food court

Text by Virginia Bago-Reyes
Photos by Roger Carpio

IF you happen to be at Shangri-La Plaza Mall and suddenly find that your runway is asking to be filmed, why not try Carafe (pronounced Karaff) at the fourth level, right across Kantam's Department Store?

The restaurant has an interesting array of appetizers, integrated salad plates, meat dishes and desserts, not to mention an extensive list of coffee and wines.

"Our food is a selection of American and Western dishes. It's a mix of French, Italian and Filipino specialties, which may sound familiar but are given a different twist. But it's not fusion cuisine. It's something different, and we simply call it creative global cuisine," says Mia Floriano, one of the owner partners of Carafe, French for "after-dinner."

Only a month-and-a-half old, Carafe is a place for casual fine dining in the heart of a mall. It offers food that is fresh and satisfying, not cheap stuff.

The place is a joint project of good friends Mia Floriano, JC Cruz, Robert Carabido, and siblings Rudy, Mia and Jerry Floriano, who are well known in the jewelry and watch business.

As the restaurant's managing partner, Mia Floriano handles the daily operations and other administrative work, while Robert takes care of the books.

Opened this day after Christmas, youthful Carafe pulled sophisticated, young and old alike, from electronic, Internet-savvy, and even those who simply want to hang out and kill time in the mall, have lunch, afternoon snacks or dinner here.

"On weekends, families, especially those who go to the supermarket, picked up their groceries."

Carafe is an elegant and cozy place where you can enjoy delicious meals even in a casual setting. "This year, because you're in a mall, you have to justify why American chains and plastic tables can't serve dishes. Shangri-La is a cheap mall. Here in Carafe, you can have good food, good wine and perfect ambience after a day of shop-



PASTA Shrimp



COCO-MO

ping," says Floriano.

She adds that Carafe will feature meat legs in a mall would rather choose a spicier plate than the busy food court.

At Carafe, tables and chairs in dark wood are set at comfortable distances from each other. The place has a relaxed, casual atmosphere. The restaurant is definitely conducive to a relaxing day.

Signature dishes

At Carafe, you get Beef Roll-Ups (P170) that consist of beef patties and sautéed onions, wrapped in tortilla and blended with tomato sauce (serving). The great old chicken adobo, (serving) P150, is a Carafe (P150). It has green and cooked tomato and corn and tomatoes.

Carafe's French Lamb Chop (P150) is served



ADOBOS in Carafe



GARDEN Fruit Salad



FRANCO Lamb Chop

with Carafe's special chili chili garlic sauce. The lamb is cooked in the oven and also served that make the most of its taste.

The popular pasta has been transformed into a delicious pasta presentation. Pasta, a P120, is served in a bowl of tomato sauce, a P120, and a P120, and a P120.

Another interesting item on the menu is the Indonesian and Thai inspired Grogue with Lemon Grass (P180), a sautéed grouper fillet cooked in a little olive oil with tomato sauce and lemon grass.

For dessert there is Caramel (P150), a moist dark cake soaked in fresh orange milk and chocolate sauce. Panna Cotta (P120) is a vanilla bean panna cotta with light cream and crisp white chocolate shavings (P180) is a small, light dessert with dark chocolate sauce.

As it prepares for its formal opening this month, Carafe is expanding its menu, offering more salads, sandwiches, pasta and more dishes. Even the list of beverages that includes fresh fruit juices, coffee, soft drinks, beer, 1 coffee and wine will also be expanded.

Email the author at shop@kapi.com.ph



MANAGING partner Mia Floriano handles the daily operations of Carafe.

LIFESTYLE

Text us your feedback: Inquirer life name/ city/message to 2207 (Globe) or 283 (Smart)

My kind of cookbook

COOKBOOKS are a tricky subject and I am often asked for my recommendations. There are now so many that they will probably start selling for a dime a dozen. Some have the prettiest pictures you can almost frame them and hang in your walls.

KITCHEN RESCUE

Reggie Aspiras



What should a cookbook do and how do you choose a good one? The pictures help but many books I would categorize as mere "inspirational/reference material."

For me a good cookbook is one that is written with utmost simplicity. If it contains heirloom and comfort food recipes and tips, then it is worth keeping. Like any other book, a cookbook should not be judged by its cover.

Marnie Ong and the ladies of the ICA (Immaculate Conception Academy) Parent Auxiliary Council formed a culinary club. The club meets for cooking lessons conducted by culinary professionals and other homemakers. I was invited a couple of times to take part in this activity. Many members were my students for many years and, believe me, they are, on their own right, no mean cooks themselves.

From this regular activity, a cookbook was born, a compilation of over 200 recipes from all over the world, each recipe drawing inspiration from a number of sources. Many are contributions from homemakers who have revised well-kept family secrets. The rest were contributed by people in the industry—Chefs Mauro Arjona, Gene Gonzales, George Lizares, not to forget me, and many others.

As I browsed through the book, I saw many recipes of interest, many of them frequently requested by readers such as Food for the Gods, Chocolate Crinkles, Paella, Traditional Birthday Misua, Pan-Fried Goose Liver, Laing, Pandan Chicken, Salpicado, French Onion Soup, and my Roast Stuffed Turkey.

If you ask me, this is a must-have book for every cooking aficionado, even us, professional cooks!

Proceeds from sale of the cookbook will go to the Grant-in-Aid Program of ICA that assists deserving students and children of teachers and employees of the school, who need financial aid (Kathlyn Ong, 0917-8988833).

The season of Lent is again upon us. I don't really know if that no-meat restriction on Fridays is still in effect. I personally think it's harder to be and do good than not eat meat, especially if you're eating Bacalao or Sea Bass. Marites Ingles (0917-5267249) is offering whole Chilean Sea Bass for a song—her Lenten Special at P800 a kilo. Fish range in size from 600 grams to two kilos.

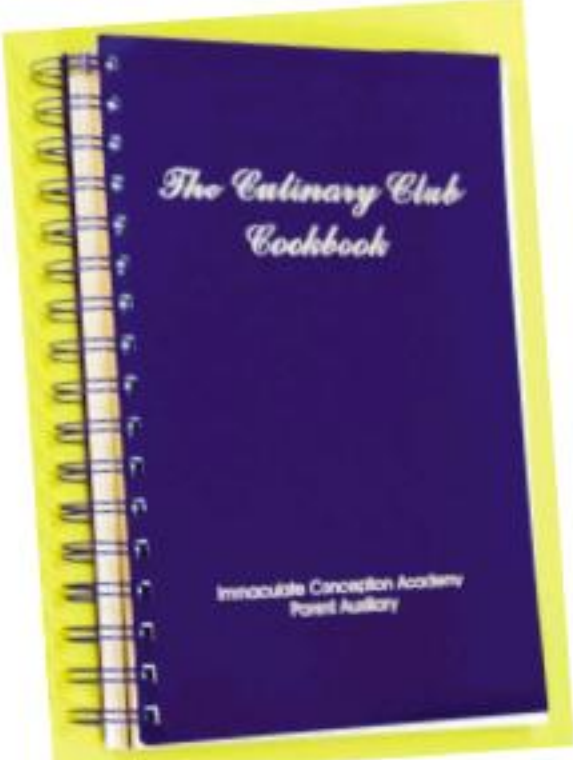
Brownie-ing without oven

I'm Anne, a student of SLU (St. Louis University) Baguio. I just want to ask for a recipe for making brownies without using an oven.

Wow, how hard naman! My dear, I am not God! Make French toast *na lang*! Here it is, one of my favorite recipes, stuffed with apples or bananas and using croissant instead of regular loaf bread, though loaf bread may also be used.

Diego's French Toast

- Batter:**
3 large eggs
¼ c milk
1/8 c cream
½ tsp vanilla extract
A pinch of ground cinnamon
- Stuffing:**
1/3 c sugar
3 tbsp butter
4 bananas or 1 apple, sliced
½ c pure maple syrup



- A pinch of cinnamon
3 tbsp butter, for frying
4 large croissants, halved lengthwise
Confectioner's sugar, for dusting
Ground cinnamon, for dusting
Maple syrup
Cooked bacon, ham or fresh fruits (strawberries, etc.) as accompaniment
- Combine batter ingredients, mix well.
 - Combine stuffing ingredients in a saucepan and cook fruits until soft.
 - Put sandwich filling between croissant halves.
 - Melt butter in a pan.
 - Dip croissant in batter, fry bread until golden.
 - Dust with powdered sugar and cinnamon.
 - Serve with maple syrup and bacon, ham or fruit on the side.

Family favorite

Please give me a recipe for chili crabs. I love them and so do my kids but we can't afford to keep (going to) restaurants (for them).

ALDY

Here is a recipe from one of my mentors in Nonya and Singaporean cuisine, Violet Oon. When we did ours, we used lobsters. Delicious! Adjust sugar and chilies according to your taste.

- ½ k crabs (I like bakla; Violet in Farmer's sells great baklas—washed, claws cracked)
5 cloves garlic, though I use ½ cup
6 red chilies, not *labuyo* but the long, red Thai or Padi chilies (Lolita's and Zeny's, Farmer's)
2 stalks spring onions, cut into 2-inch lengths
1 coriander plant, cut into 2-inch lengths
3 tbsp vegetable oil
- Sauce:**
1 c water
3 tbsp tomato ketchup (I use 4)
1 tsp pounded brown or yellow salted soya bean (*taucheo*, available at Lolita's, Farmer's)
1 ½ tsp cornstarch
¼ tsp dark soy sauce
1 ½ tbsp sugar, to taste
salt, to taste
½ tsp vinegar, preferably rice vinegar or lime juice
- Pound garlic & chilies
 - Mix all sauce ingredients except vinegar or lime juice
 - Heat wok, add oil. When hot, add pounded garlic and chilies
 - Add crab and stir-fry until crabs change color.
 - Add sauce and let simmer for 5-7 minutes
 - Add vinegar.
 - Season to taste
 - Add green onions and coriander.

Spanish culinary terms, Part 3

- Degustacion - tasting
- Desayuno - breakfast
- Dulce - sweet
- Empanada - savory pastry from Galicia
- Ensalada - salad
- Ensimada - cake from Mallorca
- Entradas - starters

For comments or suggestions, text 0917-8399888.

THE COOKBOOK produced by the ICA Parent Auxiliary Council is a must-have for every cooking aficionado, even us, professional cooks.



1 **TO MAKE** crust, place Graham crackers, cinnamon, sugar and margarine in a bowl. Mix well. Transfer crumb mixture to a 9-inch tart pan with removable bottom pan.



2 **PRESS** crust mixture evenly over bottom and up sides of the tart pan. Chill for 30 minutes.



3 **FOR** the filling, whip all-purpose cream until soft. Set aside.



4 **POUR** whipped cream into the strawberry cream cheese mixture.



5 **MEANWHILE**, dissolve unflavored gelatin in milk over low fire and add to cream-cheese mixture.



6 **BEAT** strawberry cream cheese mixture until light and fluffy.



7 **POUR** the cream cheese mixture into the tart pan and chill for at least three hours.



8 **ONCE** set, pipe edges with whipped cream.



9 **CUT** gelatin cubes into small cubes. Top strawberry cake with gelatin.

Love in Strawberry Fields

Text by Virginia Reyes Reyes

Photos by Roger Caprio

STEP BY STEP

If you are planning a home-cooked dinner for Valentine's Day, make things easy for yourself: you can have the strategy and time to enjoy being with your loved one.

A delicious home-cooked dinner need not involve hours of hard work. You can ease the workload with this luscious Valentine's Day dessert, Strawberry Fields Cheesecake.

It's simpler and does not take a lot of time to make. It is just as rich, dense, creamy and divine as the more complicated versions. It's also ideal for those who do not have access to a stove.

The gelatin cubes, which you can find in your grocery store, are a good source of protein and will melt in your mouth," says Carrie Maciel, product application specialist of San Miguel Pure Foods.

"Besides, gelatin, like butter, is readily available even at your neighborhood variety store." And, she adds, it is a thickener that doesn't require people to eat it.

Although this no-bake version

is simpler and does not take a lot of time to make, it is just as rich, dense, creamy and divine as the more complicated versions. It's also ideal for those who do not have access to a stove.

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10 **STRAWBERRY FIELDS: No-Bake Cheesecake**

Perfect date awaits 1,000 couples

NOTES: Coffee-Mate grant couples in love a chance to experience a new kind of Valentine's day.

About 1,000 couples will be treated to what would be their most romantic day in Coffee-Mate's "Perfect Date, Perfect Mate" dinner party at 6 p.m., Feb. 12, at 241 Magnolia B Open House, Manalapan City.

The event will also bring together the largest number of dating couples to meet and mingle the same time.

Participating couples will have a

complementary six-course dinner. Entertainment will be provided by popular artists. A special evening will provide the food and drinks for the couples dinner. After dinner coffee will be served in a romantic setting by Coffee-Mate.

Featured performers are The Zoo, The Zoo, Jazzy, M.S.M.E., The Zoo, The Zoo, and the Poney Pop Express.

The evening will also have coffee, dinner and other special surprises for the dating couples.

"This is a Philippine celebration of the love month through coffee-mate, which is acknowledged by more than 100 couples today as the perfect mate for their coffee." This is all about celebrating with the love of your life by giving them a perfect date," says Leslie G. Alonzo, brand manager of Coffee-Mate.

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